

HEALTHY LIFESTYLE CHOICES AND UCHEE PINES INSTITUTE



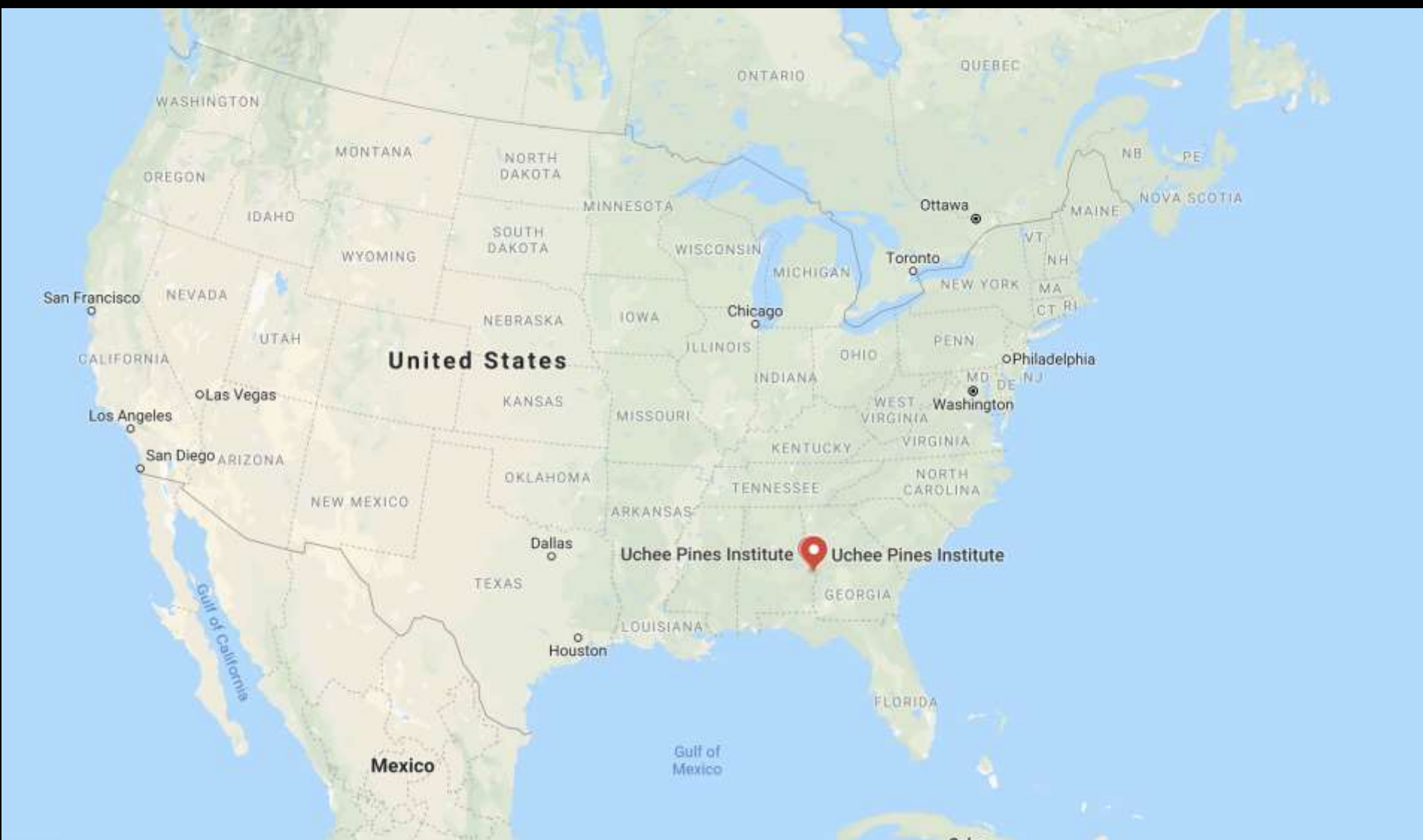
LIFESTYLE INTERVENTION WITH NATURAL REMEDY THERAPIES CONFERENCE

UCHEEPINES.ORG



Greetings From Uchee Pines Institute!





Uchee Pines Lifestyle Center



Medical Missionary Training Program



Country Life Health Food Store and Vegetarian Restaurant



Contact us!

Uchee Pines Institute

30 Uchee Pines Road

Seale, Alabama 36875

Phone (U.S. only): 1-877-UCHEEPINES (1-877-824-3374)

Phone (Worldwide): 1-334-855-4764





YouTube ^{BE}

uchee pines



SIGN IN



Home



Trending



Subscriptions



Library



History

Sign in to like videos,
comment, and subscribe.



SIGN IN

BEST OF YOUTUBE



Music



Sports



Gaming



Movies



News



Live



Uchee Pines Institute

1,493 subscribers

SUBSCRIBE

HOME

VIDEOS

PLAYLISTS

COMMUNITY

CHANNELS

ABOUT



Uchee Pines Lifestyle and Campus Tour

3,092 views • 9 months ago

Popular uploads

▶ PLAY ALL



5 Dwayne Lemon, Purify Our
Motives



Dr. Horst Mueller: The Law of
Life 2016 Session 1



2 Dwayne Lemon, The
Sacredness Of The Laws Of...



6 Dwayne Lemon, A Living
Sacrifice

www.ucheepines.org

1-334-855-4781



Newsletter

Click. Donate. Smile.

HOME

LIFESTYLE CENTER

THE MASTER'S PROGRAM

SEMINARS/EVENTS

HEALTH

MEDIA

DONATE

ABOUT

CONTACT

FACEBOOK



Health Session

Lifestyle Center

Offering 17-day, 10-day, and 5-day sessions to help you with real problems, like cancer, diabetes as well as with smoking cessation, weight loss, and cholesterol reduction, and other lifestyle related illnesses.

Learn More

THERAPEUTIC FASTING



Adan Sanchez M.D.

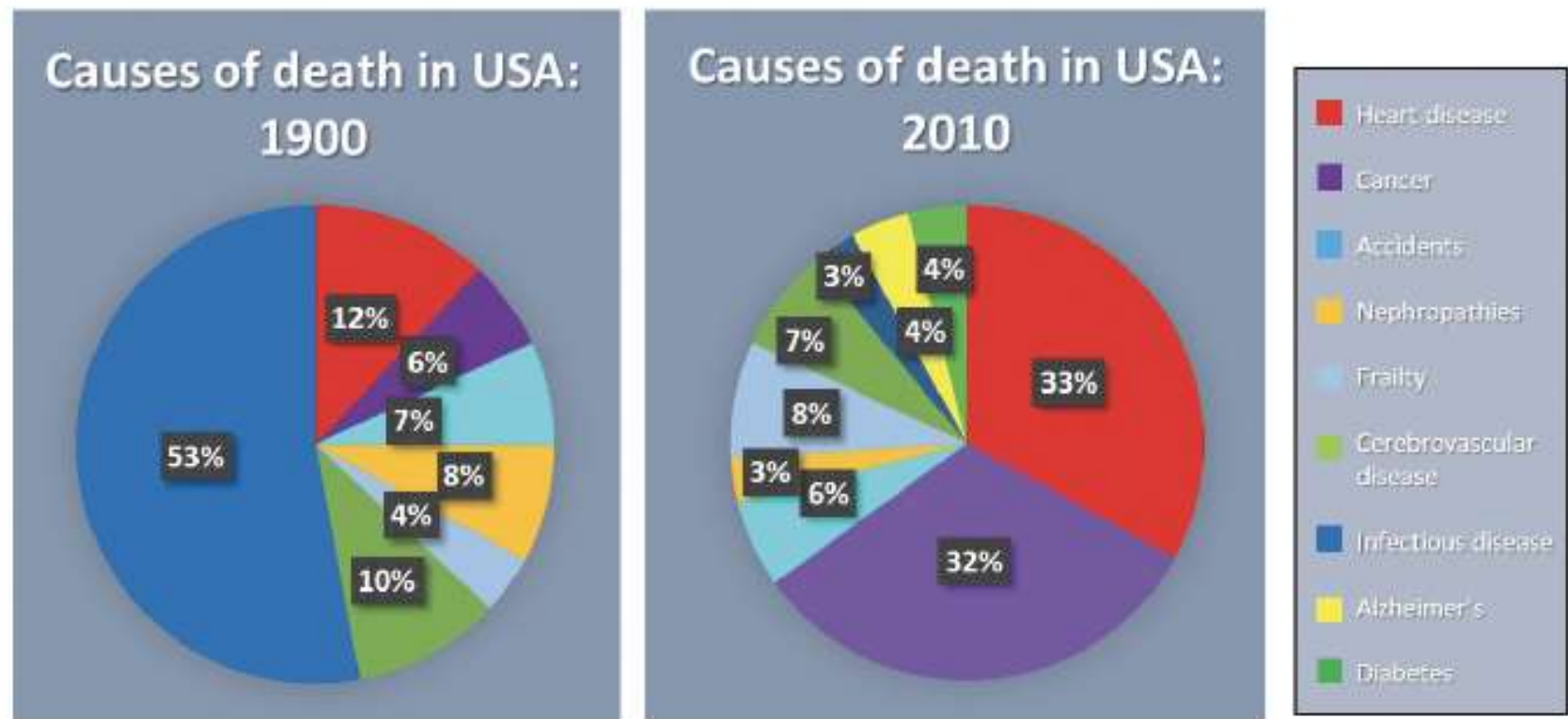
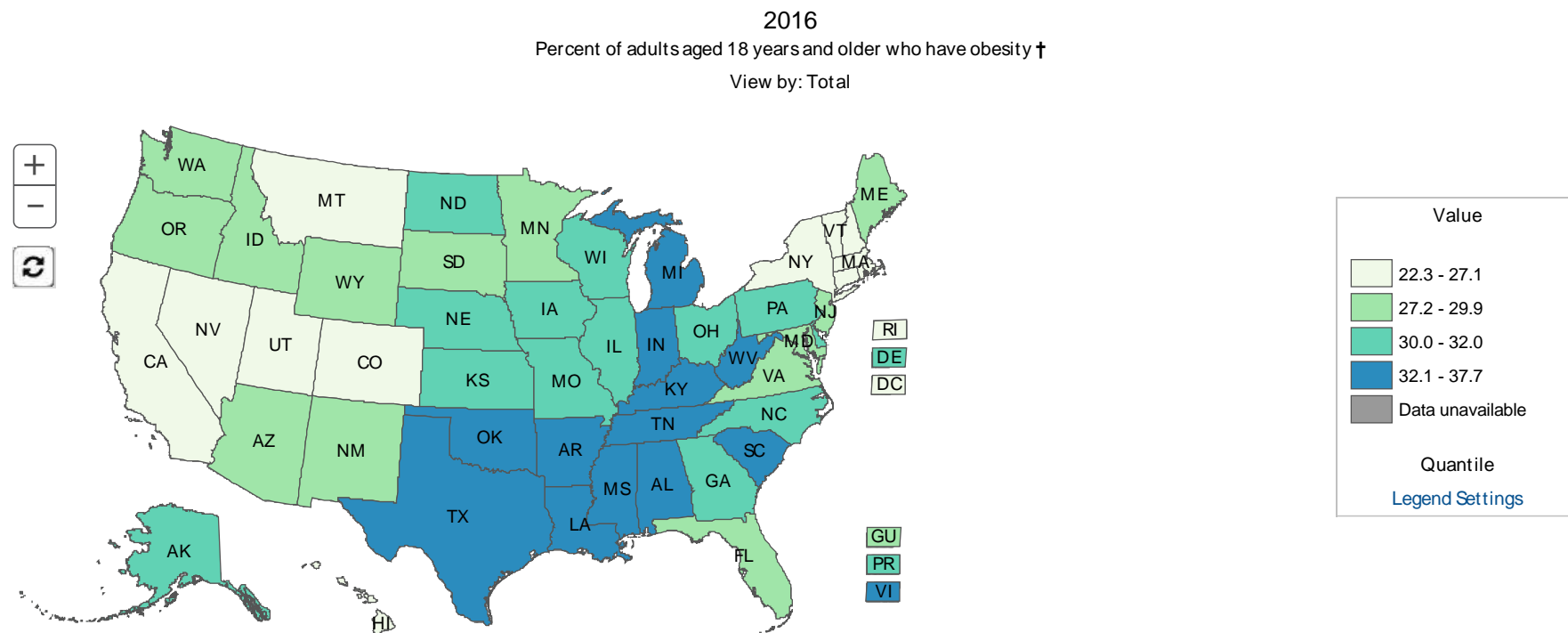


Figure 1. Leading causes of death in the US, 1900 and 2010.^a

^a Source: Centers for Disease Control and Infection data from Jones et al.⁹

USA Obesity Map.



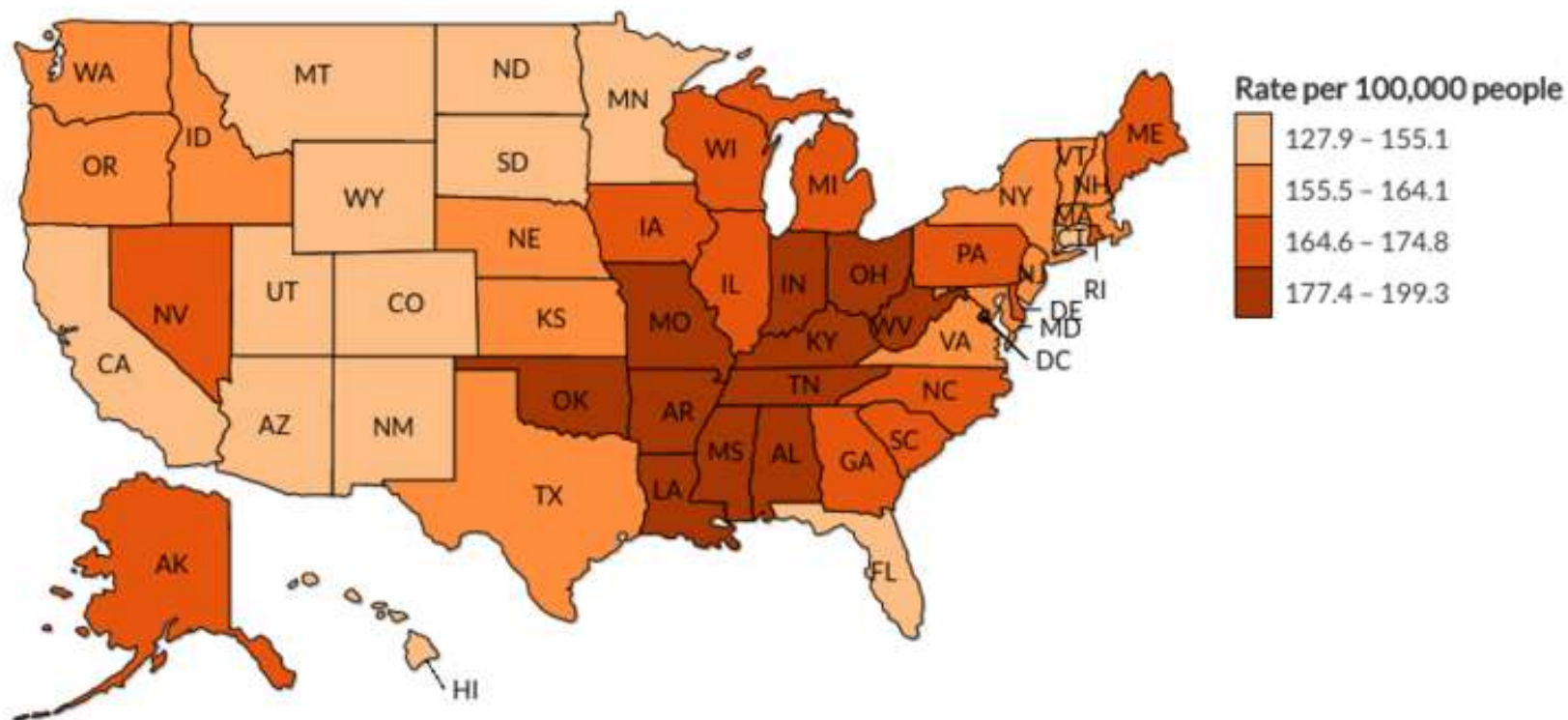
† Obese is defined as body mass index (BMI) ≥ 30.0 ; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]). Respondents reporting weight < 50 pounds or ≥ 650 pounds; height < 3 feet or ≥ 8 feet; or BMI: <12 or ≥ 100 were excluded. Pregnant respondents were also excluded.

Data Source: [Behavioral Risk Factor Surveillance System \(BRFSS\)](#)



Rates of Cancer Deaths in the United States

All Types of Cancer, All Ages, All Races/Ethnicities, Both Sexes

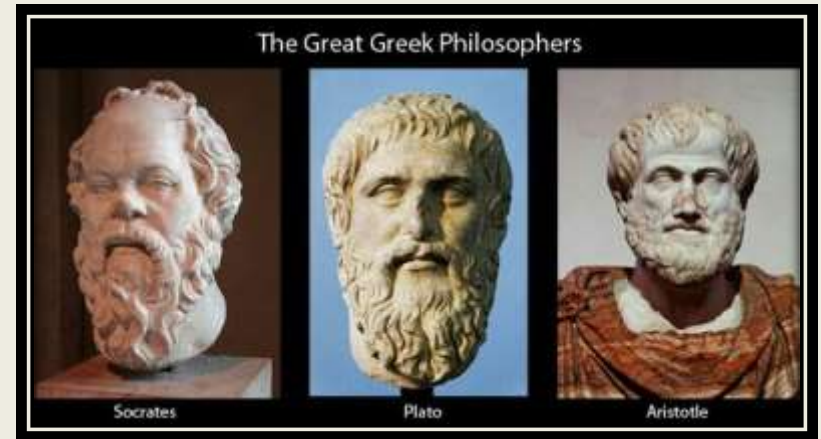


EGW



- There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.—[Testimonies for the Church 7:134, 1902](#)

History of Fasting



Hippocrates: *Our medicine should be our food. But to eat when you are sick is to feed your sickness.* "Instead of using medicine, rather, fast a day.

Hygienic treatment



- Isaac Jennings (1788 to 1874) discarded the use of drugs.

Fasting ,vegetarian diet, pure water, sunshine, clean air, exercise, emotional balance, and rest.



Battle Creek Sanitarium

- Battle Creek Sanitarium in [Battle Creek, Michigan](#), 1866.
- Ellen G White.
- Jonh Harvey Kellogg.
- 1918 flu epidemic killed 20,000,000 people throughout the world.

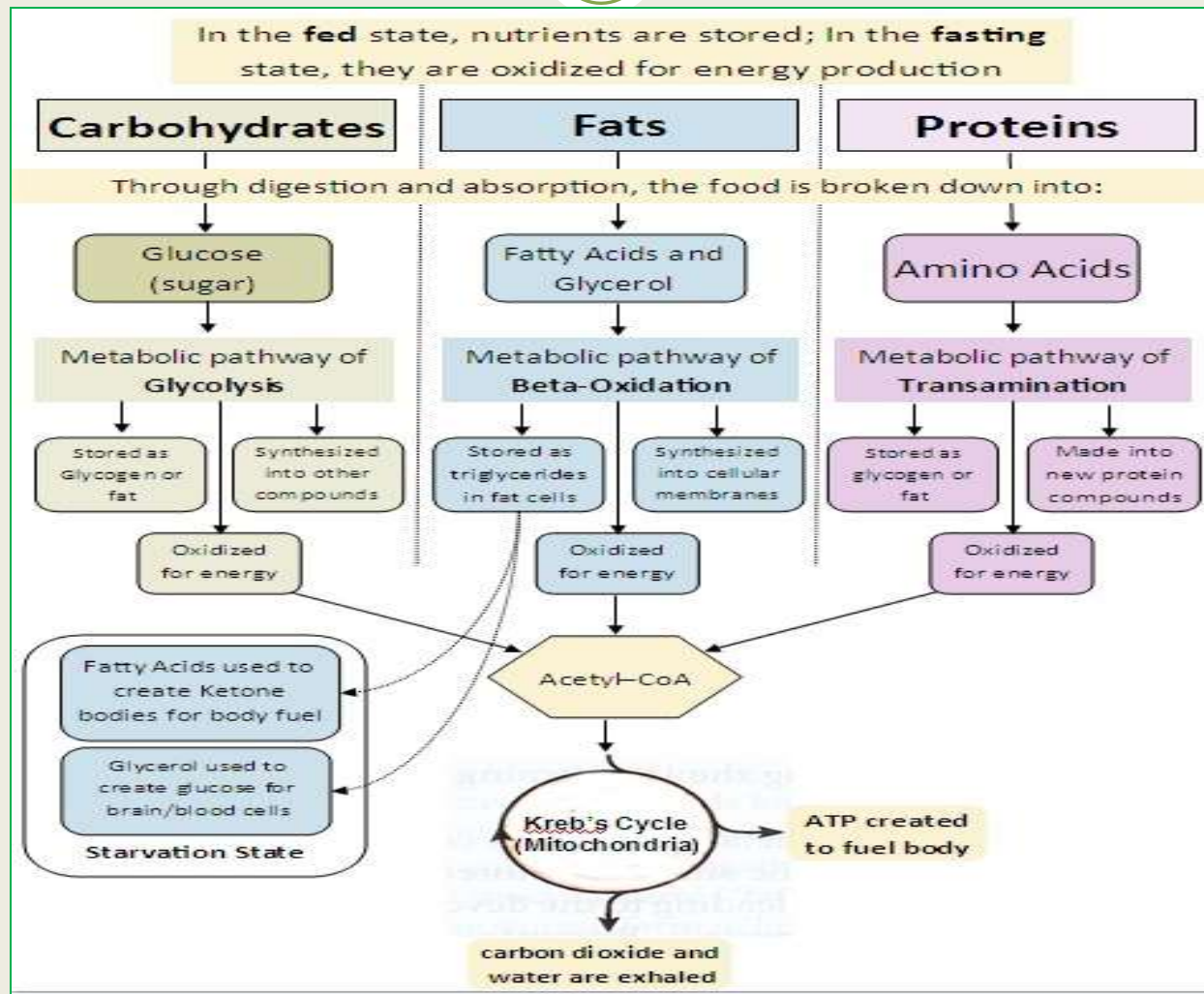


100% healings with their water cure, baths, enemas, **fasting**, diets of natural foods.

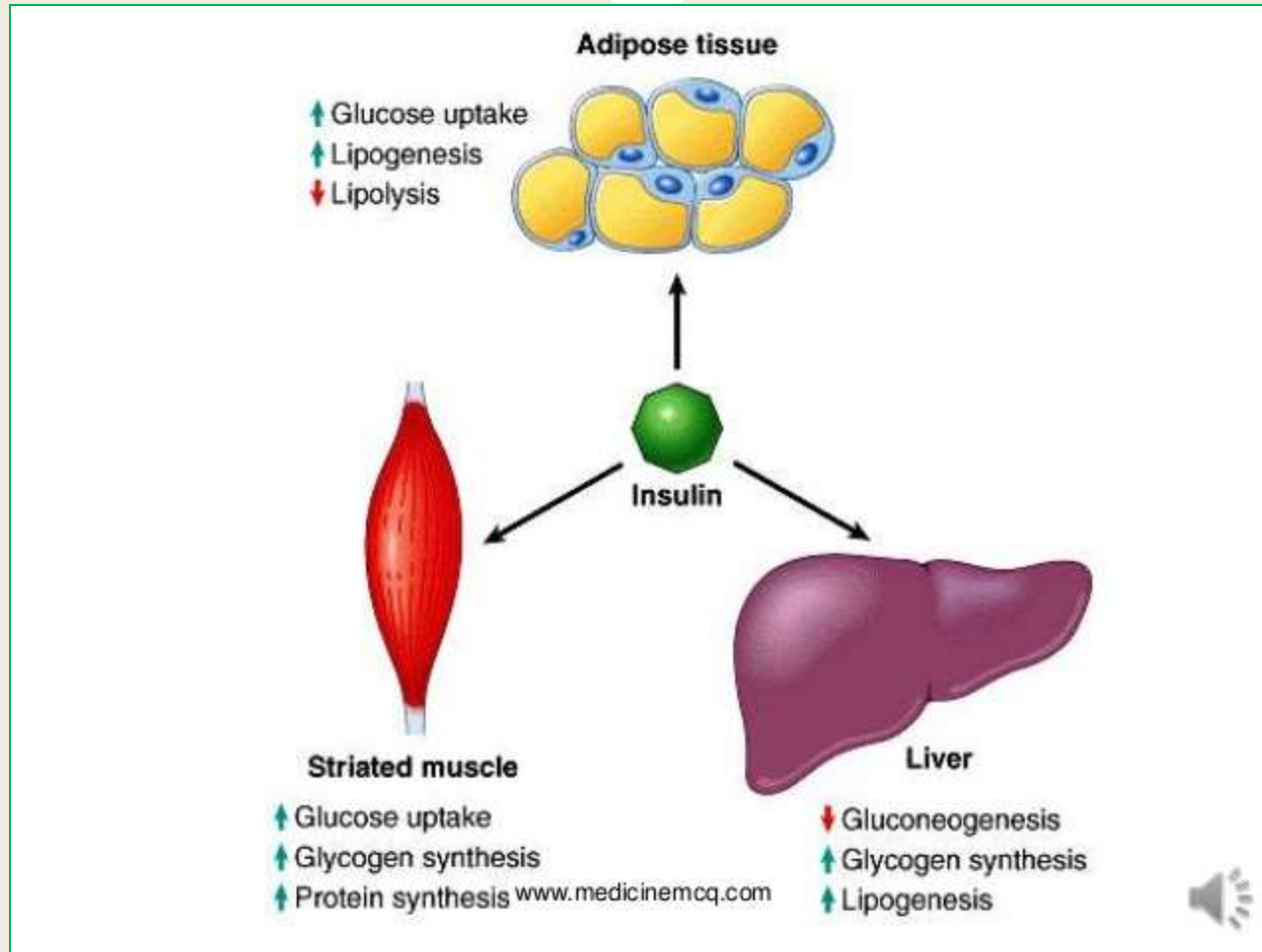


- There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.—[Testimonies for the Church 7:134, 1902](#)

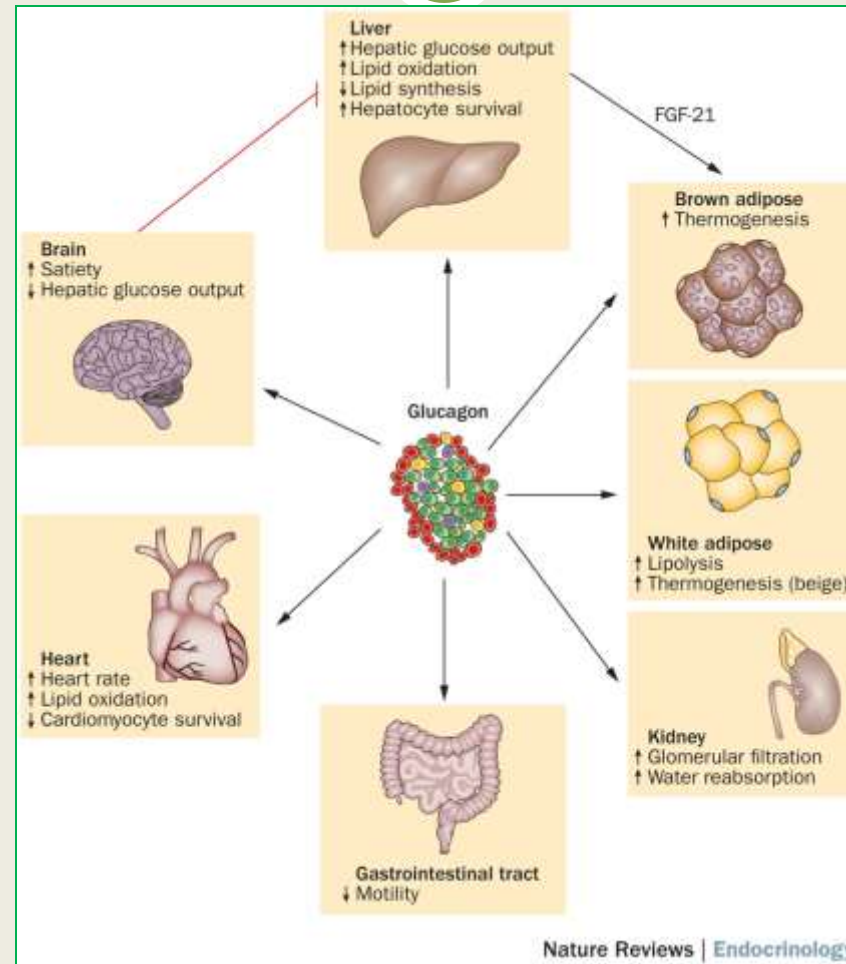
Fed and Fasting State



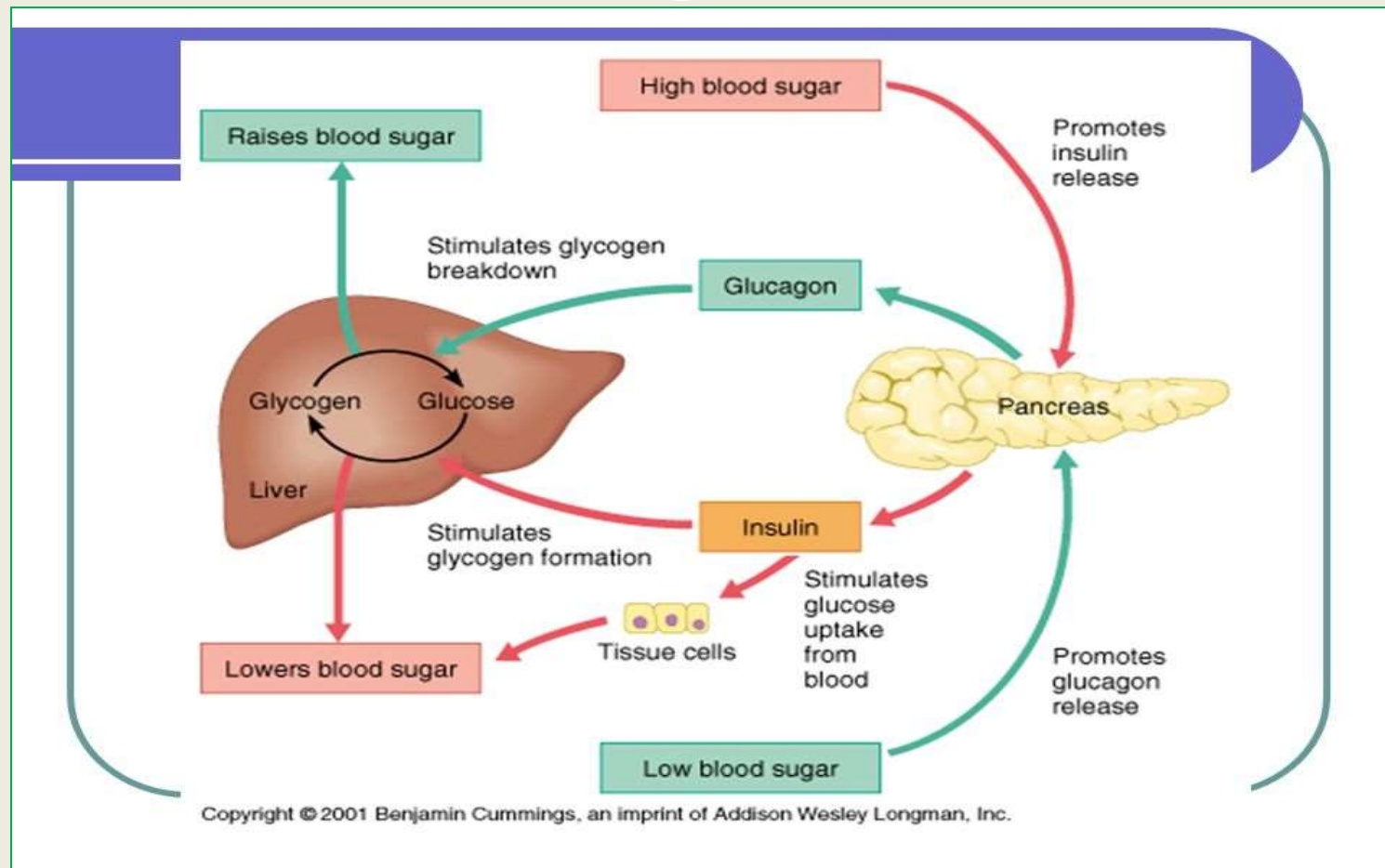
Insulin



Glucagon



Insulin and Glucagon



Ketone Bodies



- Under hypoglycemia or reduced glucose uptake, hepatocytes convert excess acetyl-CoA derived from FA β -oxidation to ketone bodies, especially acetoacetate and β -hydroxybutyrate.
- Different from healthy cells, most cancer cells cannot utilize ketone bodies as their primary energy source, mainly because they do not usually express enzymes that convert ketones to acetyl-CoA.

IGF1



- The peptide hormone IGF1 is produced by hepatocytes and other cell types when stimulated by GH, insulin and protein-rich diets.
- IGF1 plays its major physiologic role during adolescence, when it promotes growth of several tissues, including bone cartilage.
- Interestingly, chronically high blood IGF1 levels are associated with increased tumor risk and worse cancer prognosis . IGF1 binds to and activates IGF1 tyrosine kinase (TK)

Energy Reserves



TABLE 37-1 Mobilizable Fuel Reserves in a 70-kg Man

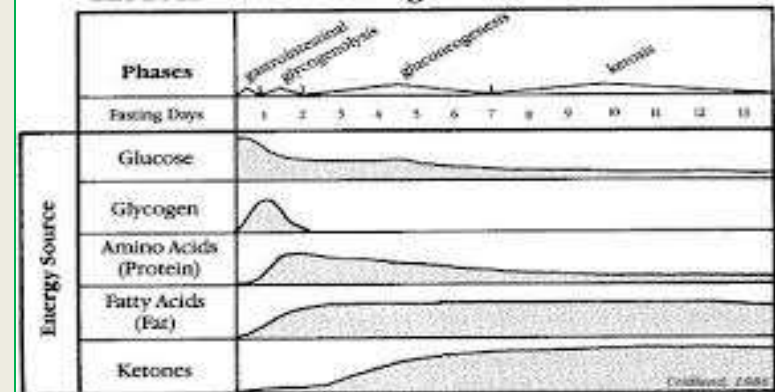
TISSUE (WEIGHT IN kg)	Glucose/Glycogen		Protein		Triglyceride	
	g	kcal	g	kcal	g	kcal
Blood (10)	15	60	100	400	5	45
Liver (1)	100	400	100	400	50	450
Intestines (1)	0	0	100	400	0	0
Brain (1.4)	2	8	40	160	0	0
Muscle (30)	300	1200	4000	16,000	600	5400
Adipose (15)	20	80	300	1200	12,000	108,000
Skin, lung, spleen (4)	13	52	240	960	40	360
Total	450	1800	4880	19,520	12,695	114,255

ata from Elkeles RS, Tavill AS. Biochemical aspects of human disease. Boston: Blackwell Scientific, 1983.

TABLE 37-2 Utilization of Energy Reserves

ENERGY SOURCE	RESERVE*
Glucose	1 h
Digestion	4-8 h
Glycogen	12 h
Amino acids	48 h
Protein	3 wks (if protein were the only fuel used for gluconeogenesis)
	24 wks (obligatory loss only)
Triglycerides	8 wks

The Four Phases of Fasting



Research

- 1950, University of Minnesota
- *The Biology of Human Starvation*
- 32 volunteers who fasted for up to 8 months
- Deprivation observations made during the Second World War
- Fasting did not cause vitamin or mineral deficiencies



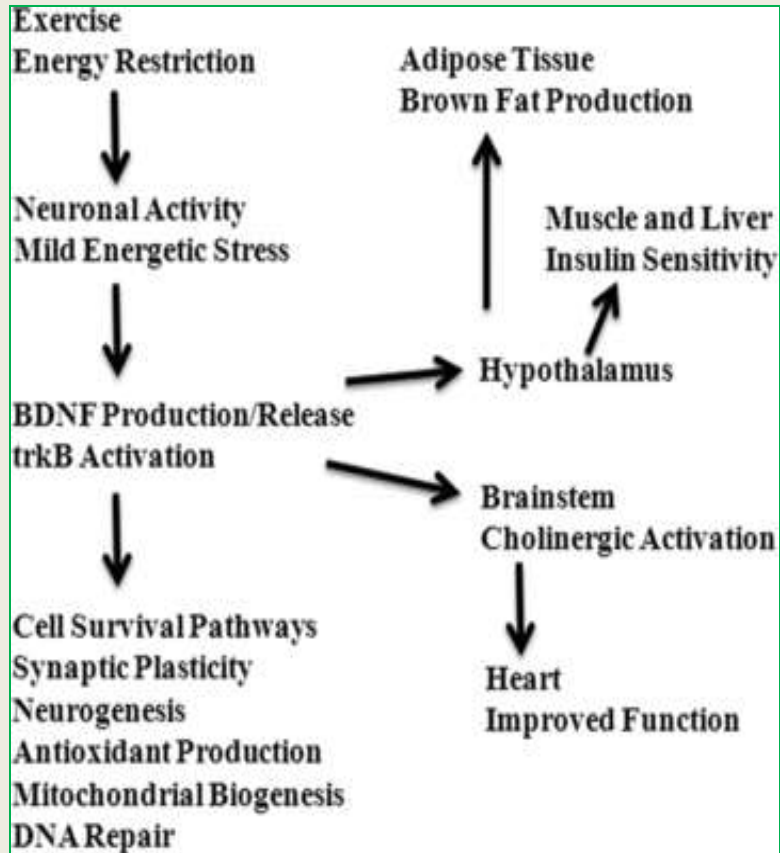
Research



- Cardiovascular disease and Hypertension
- Diabetes
- Epilepsy
- Obesity
- Pancreatitis
- Immune/inflammatory condition

- Depression and psychosomatic diseases,
- Irritable bowel syndrome
- Duodenal ulcers,
- Eczema
- Psoriasis
- Asthma
- Cancer

Brain and fasting /BDNF



G.I. Tract/ Motilin hormone



- Motilin is released during fasting or interdigestive period.
- Migration Motor Complex (peristalsis) a propulsive movement initiated during fasting that begins in the stomach and moves undigested material from the stomach and small intestine into the colon.
- “Housekeeper of the gut”, increase peristalsis in the small intestine and clears out the gut and prepare for the next meal.
- This movement prevents the backflow of bacteria from the colon into the ileum (small intestine) and its subsequent overgrowth in the distal ileum.

Dietary Restriction and Cardiovascular Aging

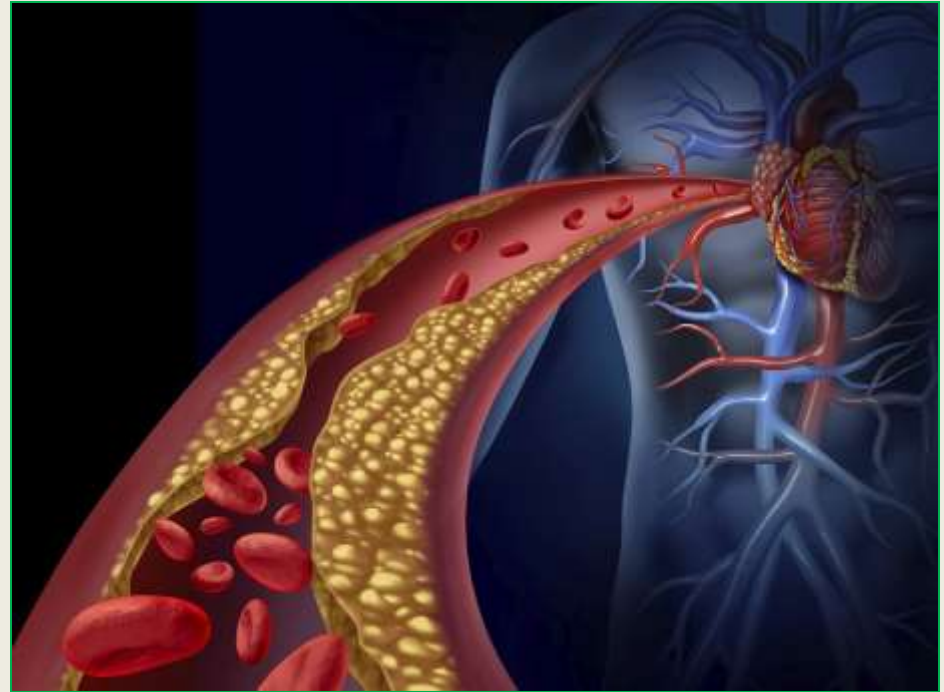


- Dietary restriction (DR), a 20% to 40% reduction in calorie intake, which reduces the levels of growth hormones, Insulin, (IGF-I) and other growth factors, has been consistently shown to increase life span and to prevent the development of age associated cardiovascular functional and structural changes.
- In particular, DR has been shown to improve arterial flow-mediated vasodilation and to delay the development of atherosclerosis.

Cardiovascular Disease



- Serum triglyceride values,
- BP
- Total cholesterol levels
- Increased ratio of HDL to Tot. Cholesterol $<3.5-1$
- Alleviation of congestive heart failure.

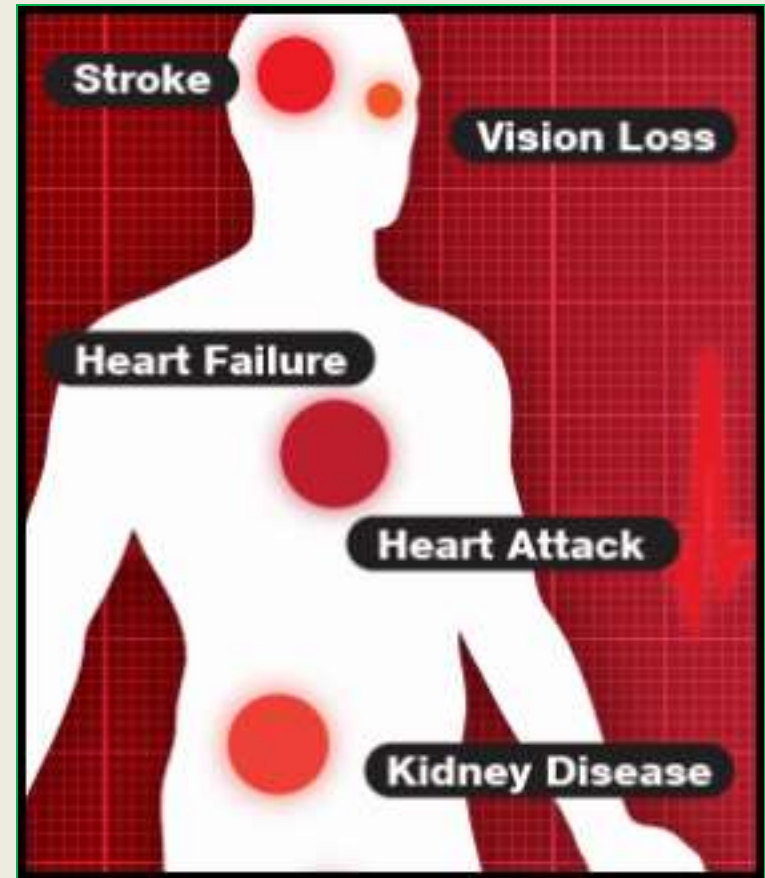


Cardiovascular Disease

Supervised water-only fasting in the treatment of hypertension.

2001, Study, 174 consecutive patients with high BP, all patients were able to achieve BP sufficient to eliminate the need for medication, and more than 90% became normotensive.

In patients with Stage III hypertension (systolic BP greater than 180 mm Hg) the average reduction in systolic BP exceeded 60 points.



Cardiovascular Disease

Journal of Alternative and Complementary Medicine in December 2002, 30 patients with high BP participating in a residential health education program that included the supervision of water-only fasting for an average of 14 days.

BP reduction and weight reduction and an average reduction in combined medical and drug costs of almost \$2700 per year per subject



Dia-besity



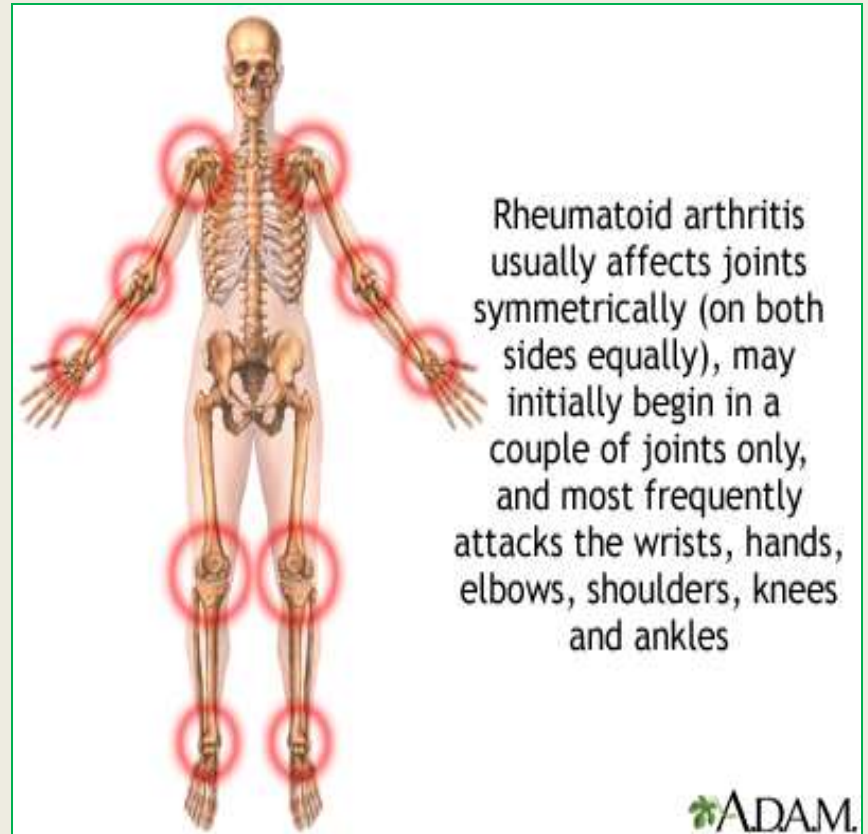
•Over the last 25 years, type 2 diabetics have successfully fasted, with subsequent reduction or elimination of required medications through successful long-term follow-up, given appropriate lifestyle maintenance post-fasting.



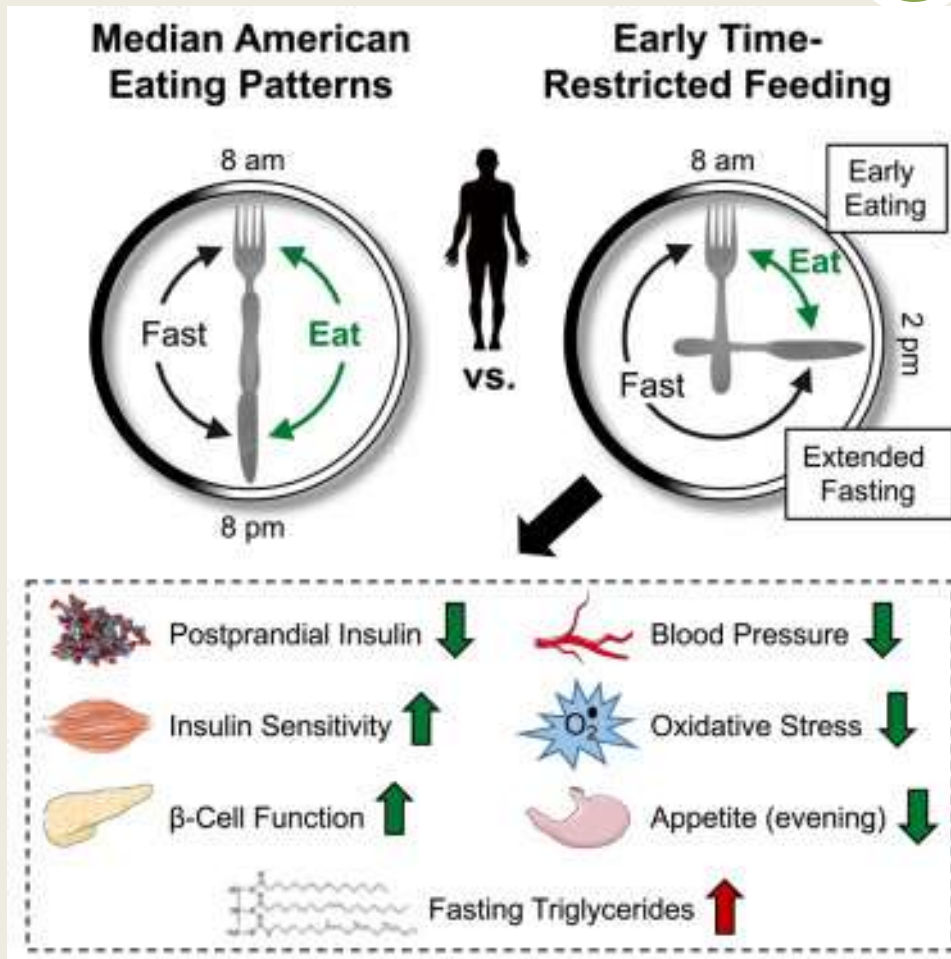
Perhaps the most famous study on obesity appeared in the *Postgraduate Medical Journal* of 1973, which reported the experience of a 27-year-old man who fasted without complications for 382 days and lost 276 pounds.

Immune and Inflammatory Disorders

- Decreases in the erythrocyte sedimentation rate (ESR), arthralgia, pain, stiffness, and need for medication.
- 1984 U.S. study of 43 patients found significant improvements in grip strength, pain, swelling of proximal interphalangeal joints, ESR, and functional activity after a fast of 7 days.



Time-Restricted Eating(TRE): Set Your Clock for Weight Loss, Diabetes.



A second circadian clock in our brain produces higher levels of melatonin at night, which act on the pancreas to further suppress insulin release at night. Therefore, if we keep eating late into the night, when our pancreas is asleep, the low insulin drip is insufficient to instruct the liver and muscles to bring additional glucose inside their cells.

Suppressing Cancer Growth



- Reduction of blood glycemia.
- Decreased insulinemia due to peripheral insulin sensitization.
- Reduction of IGF1 levels.
- Increased blood ketone bodies.
- Promote autophagy in most cells

Conditions that force cancer cells to rely more on metabolites and factors that are limited in the blood, thus resulting in cell death.

Different from healthy cells, most cancer cells cannot utilize ketone bodies as their primary energy source, mainly because they do not usually express enzymes that convert ketones to acetyl-CoA.

Case “X”



- 57 y/o
- DMII, Obesity, Hyperlipidemia.
- 12 years with insulin
- 60 Units
- Janumet (sitagliptin and metformin 50/1000) 2x day.
- FBG 173 mg/dl
- HGB A1C 12.0%
- TG 158 mg/dl
- Chol T. 192 mg/dl
- HDL 36 mg/dl
- LDL 124 mg/dl
- Chol/HDL ratio 5.33
- Insulin 4.48 IU/ml
- C-Peptide 1.3 ng/ml (1.1-4.8)
- Vit. D 12.8 ng/dl

After 34 days.



- Fasting 72hrs/ once a week.
- Greens diet
- Exercise/Walking
- Sunbathing
- Stress management
- Spiritual counseling

- FBG 101 mg/dl
- HGB A1C 9.7%
- TG 80 mg/dl
- Chol T. 164 mg/dl
- HDL 47 mg/dl
- LDL 101 mg/dl
- Chol/HDL ratio 3.49
- Insulin 2.00 IU/ml
- C-Peptide 1.3 ng/ml (1.1-4.8)
- CRP < 1
- Vit D 29.4 ng/ml

General Principles



- Low salt, vegan, high fiber, low fat, low protein, and low sugar diet before and after fasting.
- Rest
- Exercise while fasting is discouraged.
- Short walks or light stretching is permissible
- Sunlight
- Pure water.



Nutrition



Exercise



Water



Sunshine



Temperance



Air



Rest



Trust

True Fasting/ Isaiah 58



6. “*Is this not the fast that I have chosen:
To loose the bonds of wickedness,
To undo the heavy burdens,
To let the oppressed go free,
And that you break every yoke?*

7. *Is it not to share your bread with the hungry,
And that you bring to your house the poor who are cast out;
When you see the naked, that you cover him,
And not hide yourself from your own flesh?*

8 Then your light shall break forth like the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before you;
The glory of the Lord shall be your rear guard.

True Fasting/ Isaiah 58



- Then you shall call, and the Lord will answer;
You shall cry, and He will say, ‘Here I *am*.’
- “If you take away the yoke from your midst,
The pointing of the finger, and speaking wickedness,
- 10 *If* you extend your soul to the hungry
And satisfy the afflicted soul,
Then your light shall dawn in the darkness,
And your darkness shall *be* as the noonday.
- 11 The Lord will guide you continually,
And satisfy your soul in drought,
And strengthen your bones;
You shall be like a watered garden,
And like a spring of water, whose waters do not fail.